

## 22 Rules for Optimal Health in This Time of Turmoil By Dr. Wysong

1. Exercise each day targeting at least what would be required to create shelter and obtain food in the wild.
2. Expose as much of the body to the sun as possible. If in danger of burning, seek shade or wear clothes, not chemicalized sunscreens. The sun generates vitamin D in the skin. It is the master hormone, which energizes biochemical pathways, stimulates the immune system, lifts mood, and regulates circadian rhythms.
3. Go barefoot as much as possible to permit unshielded contact with the electron-rich magnetic Earth (earthing).
4. Drink a couple of quarts of purified water (not plastic bottled) each day. More if ill. Add sea salt for trace minerals and lemon juice, apple cider vinegar, and some baking soda for alkalization. Drink before about mid-afternoon so as not to disturb

sleep with bathroom visits. If engaged in a vigorous sweat-generating activity, satisfy thirst.

5. Eat organic, non-sugared, non-GMO foods as much as possible.

6. Use grass-fed, free-range, wild-caught animal products. Such foods are not only healthier but more humane.

7. What can be eaten raw (which does not include grains and legumes) is the best food and should be emphasized. (Humans are the only creatures on earth to cook their food. We are not smarter than nature.)

8. Fast periodically just like you would have to in the wild.

9. Supplement intelligently as an insurance policy since modern foods are increasingly depleted of nutrients.

10. Look for intelligent self-help remedies with proofs or natural health practitioners if faced with a

health problem.

11. Always research the dangers of any remedy before submitting to it. Keep in mind that no disease was ever caused by a lack of a pharmaceutical.

12. Find creative physical, mental, and ethical challenges.

13. Take responsibility for yourself. You are not someone else's fault or their duty.

14. Find loving relationships, but don't assume anyone is going to, or should, put you at the center of their life.

15. We are on Earth to experience the consequences of mistakes and learn from them. Keep in mind that no matter what your past, your future is spotless. (Proof you are not a mortal creature here.) Don't count on life always being like this.

16. Follow your self-reflecting conscience, not the moral dictates of others.

17. Make a better world, which means protecting natural balances and freedom. Try to leave Earth and fellow humans better off than when you got here.

18. Help those who cannot help themselves, or, if possible, help them to help themselves.

19. Do not permit the loss of freedoms to a self-serving government or other organization.

20. Seek truth, not confirmation of unearned pet beliefs.

21. View with suspicion any ideology or advice that financially benefits the giver.

22. Be respectful of the gift of life, every beat of your heart, and breath you take. If you don't take care of your body, where else will you live? (More life guidance [here](#).)